



## **Lincoln County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lincoln County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Lincoln County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include a wellness policy, mental health policy, school safety policy, and a bullying policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$50,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Family Resource Center
- Lincoln County Health Department
- Lincoln County Health Facilities
- Health Council
- Agencies Serving Kids
- Patrick Wellness and Rehab Center
- UT Extension Office
- Lincoln County Anti-Drug Coalition
- Motlow State Community College

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as Healthy School Teams, school health fairs, Back to School Health Fair, health screenings. Currently, 32 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Students Against Destructive Decisions, school health fairs, Anti-Drug Coalition, FCCLA, Drug Take Back Program, health issue debates in high school drama and English. Approximately 30 students are partnering with CSH to address school health issues.

## **School Health Interventions**

Since CSH has been active in the Lincoln County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 5751 students screened, 2373 referred;

Students have been seen by a school nurse and returned to class – 34,000 seen by a school nurse, 30616 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 42% of students screened for 2010-2011 school year overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: physical education equipment, fitness rooms, walking track, curriculum, and staff wellness exercise programs;

Professional development has been provided to school health staff in the form of Tennessee Association of Physical Education. Recreation and Dance for P.E. teachers, School Nurse Alliance Workshop, physical education PP certification for nurses, CPR re-certification for physical education teachers and nurses, administrators and counselors workshop for counselors, Olweus training for school staff, Healthy Bodies, Healthy Minds workshop for counselors, Southeast Law Enforcement Training for SRO's, bullying prevention training for SROs, bullying prevention training for counselors, mental health training for counselors, CSH annual conference, Rural Health Association annual conference, and regional CSH professional development sessions.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – the Michigan Model curriculum has been introduced to all elementary schools and made available for counselors to use in guidance lessons as well as for classroom teachers to use in classrooms;
- Physical Education/Physical Activity Interventions – additional physical education equipment has been provided to school so that all students can be actively involved in activity during the physical education class. Most class periods double up on classes and some students have had to sit out and wait on their turn to use the equipment. Also, all students receive the mandated 90 minutes of physical activity per week with most students now receiving 130 minutes of physical education/physical activity per week;

- Nutrition Interventions – menus have been adjusted to provide nutritional requirements without the fat and sugar. Bulletin boards have been provided for cafeterias to stress the importance of good nutrition to students. The nutrition supervisor provides lessons for classrooms as well as individual nutrition/weight counseling for students and teachers;
- Mental Health/Behavioral Health Interventions – a mental health intervention team has been developed called the STAR Team (student/teacher at risk team). The team assesses students that are at risk of failing, dropping out, or getting in trouble and develops an action plan to try to help the student be successful. Counselors provide individual school interventions for students on a daily basis.

In such a short time, CSH in the Lincoln County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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